

**ABSTRACT OF THE DISCLOSURE**

The disclosed safety apparatus for the erection of structures and method for erection thereof comprises a first substantially vertical support, a second substantially vertical support and a supporting cable extending between said first and second supports, wherein said vertical supports are configured to be adjustable in length and each includes a first fixing means and a second fixing means such that the length of a support may be adjusted by releasing said first fixing means and then re-fixing said first fixing means after said adjustment has been made.

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